

Becoming An Outdoors Woman Workshop

Pere Marquette State Park, Sept. 25-27, 2015

Class Descriptions

Archery I: An introduction to terms and equipment. Participants will be instructed in basic instinctive shooting skills/styles with opportunities to target shoot. Equipment provided.

Basic Canoeing: Learn the basic parts of a canoe, different strokes and when to use each one, how to carry and handle a canoe and safety. Bring appropriate footwear and loose fitting clothing. Includes a 2 hour paddle down the Illinois River so be prepared to use your muscles!

***Firearms and Firearm Safety:** The course will cover basic firearms, firearm safety, an introduction to selecting and purchasing firearms, and proper handling and storage with inoperable firearms. This course is a prerequisite for anyone who has not had the Hunter Education course/card and wishes to shoot in a live fire class later in workshop.

Girls with Power Tools: Power tools may look and sound intimidating, but with the proper training, these tools can really save you time and money around the house. Learn the different parts of power tools, safety, and how to operate.

****Handguns:** Learn the basics of selecting a handgun, handgun shooting, and self-protection. Firearms & Firearms Safety class is a prerequisite for this session. Firearms and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. Please contact BOW Coordinator if you plan to bring your own handgun. **Extra \$10 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

Shotgun 1: Participants will learn techniques of shotgun shooting. This course includes practical shooting experience in overhead passing clay targets. Firearms & Firearms Safety class is a prerequisite unless you have verification of completing a Hunter Education Safety course. Equipment provided.

Outdoor Photography: Discuss various topics and concepts on how to get the best shot when you're outdoors. Don't miss that perfect picture because you're not comfortable with your equipment. Bring your own digital camera to use.

****Upland Bird Hunting:** Class covers several aspects of upland bird hunting. Watch dogs work to find and point live birds, discuss positioning for your shot, learn how to clean your birds, and shoot a round of trap! Firearms & Firearms Safety class is prerequisite unless you have verification of completing a Hunter Education Safety course. **Extra \$25 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

Introduction to Sporting Clays: So you've taken Shotgun 1 and want to be challenged a little more? This class offers several, more challenging target presentations along with a lot of shooting!

Native Plants & Landscaping: Native plants are disappearing throughout Illinois. Learn about the variety of Illinois native plants and how to incorporate native plants into your landscaping and/or property.

Hiking Pere Marquette: Take a hike through beautiful Pere Marquette State Park and see all of the wonderful things nature has to offer. Hike includes information on history of the park, botany, geology, and more. Trail is moderate in difficulty. Hike is approximately 1 ½ hours long and is a slow pace.

****Rappelling:** Want to get some adrenalin pumping?! This is the class. Learn how to rappel, equipment and supplies, safety, and more. You'll be rappelling off of a 50 foot bluff! **Extra \$25 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

Wilderness First Aid: The basics of wilderness and remote first-aid will be covered including assessing the situation, when to call for help and/or evacuation, dealing with the initial first aid, whether to move a victim and the best way to do that, and how to put a first aid kit together. This is not a certification class.

Nature Jewelry: Proclaim your love of nature with body art you create. In this class, we'll create earrings, necklaces, and pins that are from, or inspired by, nature. Wood, fish scales, stones, gourds, shells, leaves....nature and our creativity knows no bounds!

On Pond Fishing: Enjoy a fun morning of fishing for several types of fish from pan fish to catfish. Instructor will provide information on the basics of fishing and assist with everything during your fishing experience. Equipment provided but you can bring your own rod/reel and tackle box.

****Rifle:** Learn the basics of selecting a rifle and rifle shooting. Firearms & Firearms Safety is a prerequisite for this session. Firearms and ammo provided. **Extra \$10 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

****Zip Lines in Grafton:** One of the fastest growing outdoor activities right now is zip lining. Zip lines are popping up all over Illinois and the United States. If you're adventurous, not afraid of heights, and maybe a little bit of an adrenalin junky....this class is for you. We are getting a discount rate and the BOW program is paying for half of the cost associated with this class. **Extra \$25 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

Squirrel Hunting: Learn the basics of squirrel hunting including habitat, biology, equipment, cleaning, and hunting techniques. Does include live squirrel hunting within Pere Marquette State Park. Participants must have valid hunting license. Firearms/ammunition will be provided for the class. If you would like to bring your own firearm, please have a valid FOID card and bring your own ammo.

Orienteering: It's been several years since we offered this class so it was time to bring it back. What happens when your GPS fails on you while you're backpacking? Learn how to find your way with a map and compass.

Surviving the Situation: Learn how to survive in several different situations.... from every-day situations to more extreme situations. Mental aspects of survival are just as important as your physical preparedness. Learn from a highly experienced and trained instructor.

My Own Time: Well, it was very popular last year so let's offer it again. After a long two days of traveling and classes, if you would prefer to sleep in, get packed up earlier, go explore the park, head into Grafton to see the shops and wineries, relax while reading a book, or just reflect on your BOW experience, this class is for you! We've had it in the suggestion box, so let's go with it. Do whatever you'd like to do Sunday morning!

**** NEW CLASSES THIS YEAR ****

Native Peoples Skills: There are many ways to live with Nature. This class will introduce you to skills native people relied on; flint-knapping, fire making, knot tying, and more.

Woodcarving: Let your creative skills go to work in this class where you'll learn the basics of how to whittle and carve wood into shape and form. You'll receive hands-on instruction with tools, techniques, and methods of carving.

Parasailing: So Zip-lining and Rappelling are not enough to satisfy your need for adrenalin huh? Then add in this class to finish off your BOW adrenalin rush. You will be parasailing more than 350 feet above the Illinois River! This class will be cancelled if the weather/river are not safe. Website: <http://www.graftonparasail.com> **Extra \$25 cash fee payable when you arrive at Pere Marquette, Camp Piasa.**

Leatherworks: Well, I was trying to get a taxidermy class in for you gals but it morphed into a leatherworks class. You'll get to try your hands at working with leather. Class includes information on hides/skins so there's a little taxidermy! A class project will include making your own leather satchel.

Basics of Wilderness Backpacking: If you're thinking of getting into backpacking, this is the class for you. You'll receive an introduction to backpacking which includes equipment, food, safety, and more. Get hands-on with setting up a tent, preparing backpacker meals, and trying out different tools/equipment needed for an enjoyable backpacking experience.

Experience Historic Grafton: We've offered this class one time in past years and everyone seemed to enjoy it....so we'll do it again. You will be dropped off in Grafton to explore the historic river town on your own. The van will be back at a specified time/location to pick you up and take you back to Camp Piasa. You'll receive a hand-out with suggested places to visit in Grafton. Or Google "Grafton, IL" it ahead of time and plan ahead for your experience!

If you are unclear with any course description or require additional course information, please contact me before sending in your registration. Thank You.

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